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SCHOOL LUNCHES

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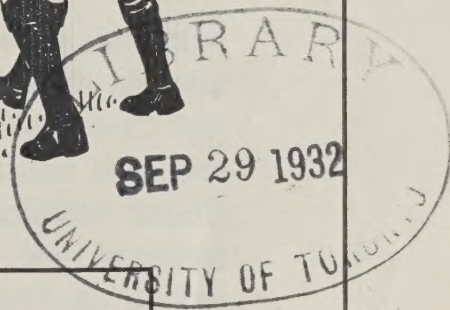



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THE DAIRY AND COLD STORAGE BRANCH
J. F. SINGLETON, Commissioner

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SCHOOL LUNCHES

THE school lunch is attracting more attention today than ever before. Educational authorities, realizing that food has an important relation to health, and health, in turn, a direct bearing on the capacity of the child to learn, are urging that steps be taken to make the school lunch the best possible substitute for the regular mid-day meal. Their appeal has met with ready response and everywhere rapid strides are being made to provide a better school lunch for the child who cannot go home at the noon hour. In the larger centres, the school lunch problem is satisfactorily solved by the school cafeteria which is usually operated in conjunction with the Household Science Department, great care being taken in planning the menus and in supervising the food preparation. Thus, the student enjoys a satisfying meal of wholesome food at a reasonable cost, or, if a complete meal is not served, at least one hot food is made available to supplement the lunch brought from home. In rural districts, the problem is perhaps more difficult, but, fortunately, it can be solved through the combined efforts of teacher, parents, school authorities, and pupils.

Improving the Lunch in the Rural School

As a rule, the teacher in the rural school takes the initiative in improving the school lunch. Although her time is already so fully occupied, she is keenly interested in the work, for, coming in daily contact with the pupils, she realizes that the children who must bring lunch to school are unfairly handicapped. Knowing that "stomach upsets"—all too frequent among these children—account for a large percentage of the absences which so seriously interfere with the pupils' progress, it is natural that the conscientious teacher will strive to improve the school lunch in order to insure more regular attendance. Nor will her efforts be without reward for a marked improvement in attendance, and also in the behaviour and attention of her pupils, will undoubtedly follow.

Little, however, can be accomplished without the co-operation of the children and of the parents. To arouse the pupils' interest and to impress upon them the value of the

school lunch, the resourceful teacher will co-relate it with health, hygiene, and other subjects. For instance, in teaching the value of foods and their uses in the body, she will discuss with the pupils the different types of food found in their lunch boxes. To stimulate greater interest, this might be followed by monthly contests with a small reward for the pupil bringing the largest number of adequate lunches. The geography class will be keenly interested in learning the source of the various foods, and, if a hot dish is being served, what a good arithmetic problem to determine, from a given recipe, the quantity of each ingredient required to make sufficient for the pupils, and the total cost.

The lunch hour should be a joyous occasion for the pupils, with the school room changed to a lunch room, the desks transformed into tables, and all united into one large family. At the same time, it furnishes a splendid opportunity to put many theories into practice. For example, cleanliness, which is always stressed by the teacher, is now carried out by washing the hands before eating lunch and by keeping the lunch box and everything pertaining to it spotlessly clean. Then, too, allotting a certain length of time for eating will help in training the children to thoroughly masticate their food.

Grateful parents, many of them still remembering their "cold lunch" school days, will gladly give their whole-hearted support to any plan which will lead to a better lunch for their children, and to-day, in many rural districts throughout our country, teachers and parents are exchanging ideas in order to work out together the best means of improving the noon-day lunch in their particular school. Their objective is to make the school lunch a perfect one, and, although this may seem an impossibility in the rural school where cafeterias are impractical, they realize that any undertaking which tends to raise the present standard is one step nearer the goal.

The Requirements of a Good School Lunch

Before any marked improvement can be made in the school lunch, its requirements must be thoroughly understood and its common deficiencies recognized. Too much emphasis cannot be placed on the fact that the school lunch is one of the three daily meals and, for this reason, should be as carefully planned as the two which the child enjoys at home.

“Satisfying” and “well-balanced” are terms which may be fittingly used to briefly describe an adequate lunch, for this meal must supply about one-third of the food for the day and must include its share of the foods necessary for health and growth. As to the amount which should be included in the lunch, the child’s normal appetite will serve as a reliable guide. Usually, the lunch contains sufficient food, but, all too often, it is made up largely of one type—particularly sweets—to the exclusion of other valuable foods. Should the work go no further than to bring about a general use of the proper foods in the school lunch, it would be worth while, and a decided step in the promotion of better health for many children.

Classification of Foods

In preparing a well-balanced lunch, the following table, showing the classification of common foods according to their uses in the body, should be of assistance.

CLASS	USE	CHIEF SOURCES
Proteins.....	Muscle Builders....	Milk, cheese, eggs, meat, fish, legumes, nuts.
Carbohydrates..... (sugars and starches).	Heat and Energy Producers.	Bread and cereals, sugar (including honey and syrups), milk, fruits, vegetables.
Fats.....	Heat and Energy Producers.	Butter, cream, cheese, milk, meat fats, vegetable oils, nuts.
Mineral Salts.....	Bone and Tooth Builders. Blood Builders....	Calcium—Milk, cheese, buttermilk, fruits and vegetables. Phosphorus—Milk, eggs, whole grains, lean meat. Iron—Lean meat, fruits, green vegetables, eggs, milk, whole grains, liver, molasses.
Vitamines.....	Essential for Health and Growth.	Milk, butter, cream, fruits, vegetables, whole grains.
Water.....	Regulator.....	Milk, fruits, vegetables, beverages.
Roughage.....	Stimulates action in digestive tract.	Fibrous parts of vegetables and fruits, outer coats of grains.

At first glance, the above chart may appear complex, but after studying it carefully, one finds that a complete lunch may be easily obtained from the most common foods and that a simple lunch of milk, a fruit or vegetable, a substantial main course (protein), and a dessert, will provide all of the essentials. The chart shows that there are several foods in each class.

which affords an opportunity to vary the menu from day to day, and, at the same time, it clearly indicates that the lack of certain foods in the lunch is a serious hindrance to normal health and growth.

Milk in the School Lunch

Milk has been rightly placed first in the list of foods required in the school lunch, for, a valuable source of protein, an energy producer, an abundant source of calcium and phosphorus, high in vitamine content, it stands unchallenged as the "most nearly perfect food." Although milk is recognized as an indispensable food for children, because it supplies the material for the development of the body, particularly lime and phosphorus for bone and tooth structure, the lack of this all-important food is one of the most common deficiencies of the present day school lunch. This is really a serious matter, for, if some milk is not included in the school lunch, it is very doubtful if the amount the child's growing body needs—"About a Quart per Day"—will be furnished in the other two meals.

Milk's chief use in the school lunch is as a beverage. The majority of children enjoy drinking it every day, but for variety, it may be served occasionally as cocoa, or other flavoured milk drinks. The children may carry it from home in a screw top jar or thermos bottle, but in some rural districts, it may be more convenient to have a farmer supply it directly to the school. Milk desserts are ideal for the school child, and it is an easy matter when preparing a milk pudding to put some aside in a glass jar for the lunch box. Hot milk dishes are highly recommended as they are not only quickly and easily prepared but, because of their milk foundation, are very nutritious.

The Lunch Box

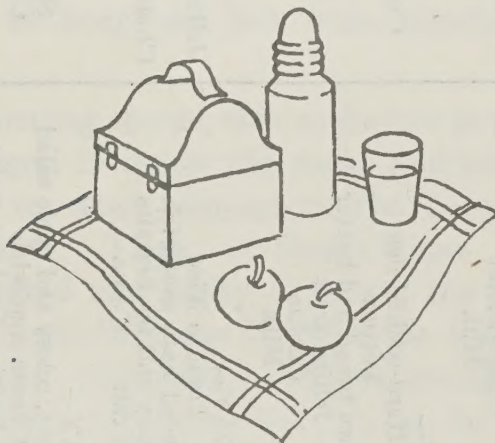
At this point, it is well to refer to the lunch box, for whether the whole or part of the lunch is being carried from home, a container of some kind is necessary. Many lunch boxes are fitted with thermos bottle and jars, but any container, such as a tin pail, which is easily carried and which will keep the food in good condition, is quite satisfactory. The lunch box should be washed every day, rinsed with scalding water, and aired well. The jars used for carrying milk puddings, etc., must be

kept clean and have tight-fitting tops so that there will be no danger of the contents spilling over the other foods. The food should be carefully prepared and, in order to make the lunch as appetizing as possible, the sandwiches and cake or cookies should be wrapped separately in waxed paper and neatly packed with the other foods in the box. The waxed paper in which bread is wrapped may be saved and used for this purpose.

Lunch Box Menus

The following menus are to be used in cases where the whole lunch, with the possible exception of the milk, is brought from home. Each lunch provides a well-balanced meal containing—

1. A beverage—milk (cocoa, spiced milk, grapenut milk, etc., for variety);
2. A main course, generally sandwiches with a “protein” filling (meat, fish, eggs, or cheese);
3. A fruit or vegetable, or both (canned, dried, and fresh fruits and vegetables, such as berries, apples, peaches, plums, pears, grapes, tomatoes, lettuce, cucumbers, etc., in season);
4. A simple dessert (fruit, milk pudding, plain cake or cookie).



FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
MONDAY— Peas in tomato jelly Cottage cheese and bacon sandwich Fruit Tapioca Gingerbread Milk	Grated carrot and celery sandwich Tongue Sandwich Fruit Loaf cake Cocoa	Whole tomato Chopped Nut sandwich Fruit salad Cookie Milk	Cottage cheese and peanut sandwich Cucumber and lettuce sandwich Rebecca pudding Milk
TUESDAY— Hard-cooked egg Lettuce Brown bread and butter Jellyed fruit Cookie Milk	Cottage cheese and tomato salad Bread and butter Butterscotch pudding Oatmeal cookie Milk	Shredded lettuce sandwich Egg and bacon sandwich Fruit Gingerbread Milk	Devilled egg Celery Bread and butter Fruit Loaf cake Milk
WEDNESDAY— Tomato juice Minced ham sandwich Honey and tea biscuits Fruit Cocoa	Jellyed cabbage, carrot and pea salad Chopped egg and ham sandwich Fruit Cup cake Grapefruit milk	Sliced cucumber sandwich Ham and cheese sandwich Pineapple fluff Cookie Milk	Chopped meat, celery and pea salad Lettuce sandwich Jam sandwich with raisin bread Spiced milk
THURSDAY— Jellyed beet, celery and apple salad Cheese sandwich Stewed fruit Graham wafer Milk	Sliced tomato sandwich Chopped meat sandwich Coconut custard Ginger cookie Milk	Grated carrot, peanut, and cabbage salad Cottage cheese sandwich Graham muffin Rice custard Milk	Potato salad Whole tomato Cheese sandwich on brown bread Jellyed fruit Date loaf Cocoa
FRIDAY— Lettuce, radish and green onion salad Bread and butter Chopped nut sandwich Chocolate blanc mange Date cookie Milk	Devilled egg Grated carrot and raisin sandwich Fruit Scone Cocoa	Egg, tomato and lettuce salad Brown bread and butter Fruit sponge Spice drop cookie Cocoa	Grated carrot and celery sandwich Salmon sandwich Caramel junket Plain sponge cake Milk

Lunches, such as the preceding ones, may be quite satisfactory for the warmer school days, but every effort should be made to provide one hot dish during the cold weather when the cold lunch seems such a poor substitute for the regular mid-day meal. One simple hot dish will not only form a good foundation, whet the appetite, and make the digestive juices flow more freely, but will really change an unsatisfying lunch into an enjoyable meal.

As any improvement, such as the serving of a hot food, cannot be undertaken without incurring some expense, the amount of money available is an important factor in determining the method of supplying it to the pupils. Some of the provinces provide grants to improve the school lunch, but if money cannot be obtained from this source, a school concert is a means of raising the necessary funds, and, at the same time, it arouses the interest of parents and pupils in the project. Or, if the school board is approached and the value of supplying a hot food stressed, they may furnish the money for this purpose.

Reheating Food Brought from Home

With little money, and no room for extra equipment, the simplest way to provide the children with a hot food is to have them bring the soup, cocoa, etc., from home, packed in their lunch box, in a small glass jar with a tight-fitting cover. Then, it is only a matter of reheating it, and, for this purpose, just two pieces of equipment are necessary—the schoolroom stove and a boiler, or other large container, fitted with a wire or wooden rack to keep the jars from touching the bottom, or each other.

At the morning recess, this container is placed on the stove, the jars arranged in it, on the rack, and enough water poured around them to reach almost to the tops, which have been slightly loosened. Then, at lunch time, when the food is thoroughly heated and ready to serve, the jars are distributed and each child eats from the jar with the spoon which he carries in his lunch box. Since this method entails no preparation of food at school and no dishwashing, it can be carried out without interfering with regular work and should prove practicable for the smaller schools.

Preparing Hot Food at School

If there is sufficient money, and room for extra equipment, there are many points in favour of preparing the hot dish at school. Although not a necessity, a small anteroom makes a convenient kitchen where the work may be carried on without disturbing the class.

The equipment would include the following:—

A small coal oil stove, or a grill if there is electricity;

A packing box fitted with shelves to serve as a cupboard;

Cans, with covers, for flour, sugar, etc.;

Utensils—two large covered saucepans, dishpan, large sieve, grater, two tablespoons, paring knife, vegetable brush, can opener, ladle, measuring cup, etc.;

Dishes—plates, small bowls, cups, forks, spoons, etc.;

Dishtowels and soap, table napkins or pieces of white oilcloth to use as covers for the desks.

It is quite possible to prepare and serve a hot dish with the minimum amount of equipment suggested above, but a few additional pieces will make the work easier and increase the variety of foods which can be served. For instance, with a small portable oven and one or two baking dishes, many nourishing baked foods may be added to the menu. Then, too, a real cupboard with hinged doors and built-in shelves would be a great improvement over the packing box; while a large enamel pitcher, bowls, and an egg beater, would be valuable utensils to add to those already mentioned.

There are several ways of providing the foods to be used in making the hot dish. In some schools, it may be more practicable to have the children take turns in bringing the various foods from home, but it is usually less confusing if the teacher buys the materials and has each child pay his share of the cost. Sometimes, an interested organization offers to supply funds for the purchase of food, in which case, arrangements should be made for a term or for a year, so that there will be no danger of the good work being dropped before its value can be estimated.

Under the teacher's supervision, two or three of the older pupils—boys and girls, chosen each week—could plan, prepare and serve the hot dish. The morning recess and the last

fifteen minutes before the noon closing should allow sufficient time to prepare the food which would then be served in cafeteria fashion. If found more convenient, the smaller children might be served at their desks. Other pupils would be assigned the work of washing the dishes and leaving the kitchen in good order. Although this preparation will interfere, to a certain extent, with regular school work, the training in simple cookery will more than compensate for the time apparently lost.

Menus for Lunches containing One Hot Dish

Each lunch in the following set of menus contains one hot milk dish, to be made at school, or to be brought from home ready to reheat. If the school equipment includes an oven, simple baked dishes may be served occasionally in place of those suggested in the menus. When the hot food is being prepared at school, it is a good plan to have the children take home a copy of the week's menu so that they may bring, in their lunch box, suitable foods to supplement it. For the convenience of the teacher, large quantity recipes have been prepared, but recipes for milk dishes, cheese dishes, milk drinks, milk desserts, etc., for the average family, will be sent, free of charge, upon request to the Dairy and Cold Storage Branch, Department of Agriculture, Ottawa, Canada.



FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
MONDAY— *Cream of pea soup Peanut butter sandwiches Orange Milk Date cookies Milk	Chopped meat sandwiches Shredded cabbage and carrot sandwiches Rice custard Apple *Cocoa	*Cream of potato soup Chopped vegetable sandwich Date and nut sandwich Coconut custard Milk	*Rice with cheese sauce Bacon and spinach sandwich Chocolate custard Sponge cake Milk
TUESDAY— Grated raw carrot and raisin sandwich Chopped egg and bean sandwich Junket *Cocoa	*Cream of tomato soup Cottage cheese sandwiches Caramel cream Graham wafer Milk	*Macaroni and cheese Brown bread and butter Cabbage and peas salad Jellyed prunes Cookie Milk	*Corn chowder Crackers Jellyed vegetable salad Cottage cheese and jam sandwich Orange Milk
WEDNESDAY— *Creamed potatoes Shredded cabbage salad Cheese sandwich with brown bread Baked apple Milk	*Creamed corn and spaghetti Brown bread and butter Jam sandwich Orange Milk	Cottage cheese and lettuce sandwich Grated carrot and raisin sandwich Baked rice pudding Graham wafer *Cocoa	*Creamed egg and potatoes Buttered roll or bread Cole slaw Fruit Tapioca Cookie Milk
THURSDAY— *Vegetable chowder Ham and celery sandwich Chocolate blanc mange Oatmeal cookie Milk	Chopped ham and egg sandwich Raisin and peanut butter sandwich Tapioca cream *Cocoa	*Cream of carrot soup Chopped egg sandwich Apple sauce Bran muffin Milk	*Cheese soup Egg sandwich Coddled apple Corn bread Milk
FRIDAY— *Creamed eggs Lettuce sandwiches Gingerbread Jellyed fruit Milk	*Creamed peas and carrots Bread and butter Baked apple Milk Tea biscuit	*Salmon wiggle Graham bread and butter Raw chopped vegetable sandwich Fruit gelatine Milk	*Creamed salmon and spaghetti Jellyed cabbage and carrot salad Bread and butter Creamy rice with raisins Milk

*The hot dish.

Cream Soup (Basic Recipe)

24 servings

4 qts. thin cream sauce
1 qt. cooked vegetables, diced or put through sieve

Add vegetable pulp, or diced vegetables, to cream sauce. Reheat and serve.

Thin Cream Sauce (4 qts.)

1 c. butter	$\frac{1}{4}$ tsp. pepper
1 c. flour	3 qts. milk
1 tbsp. salt	1 qt. vegetable water

Melt butter and blend in flour and seasonings. Gradually add milk and vegetable water. Stir until mixture thickens.

NOTE:—If water drained from vegetables does not measure one quart, extra milk may be added to make up the 4 qts. of liquid.

Cream of Pea Soup

Boil three No. 2 cans peas with 1 qt. water for 3 mins. Drain and press through a sieve.

Cream of Cabbage Soup

Use 4 c. of shredded cooked cabbage.

Cream of Carrot Soup

Cook $1\frac{1}{2}$ qts. diced carrots in $1\frac{1}{2}$ qts. boiling water. Drain and press through a sieve. If desired, the diced carrots may be added directly to the soup.

Cream of Potato Soup

Cook 12 to 16 medium-sized potatoes with a small onion in 2 qts. boiling water. Drain and put through a sieve.

Cream of Corn Soup

Use three No. 2 cans of corn. Boil corn with 1 qt. water for 3 mins. Drain and press through a sieve. A little onion juice may be added for flavour.

Cream of Tomato Soup

Heat three No. 3 cans of tomatoes with a slice of onion and 1 tbsp. sugar. Strain and add slowly to the hot cream sauce, just before serving.

NOTE:—In making the cream sauce, use only 3 qts. milk as the liquid.

Mixed Vegetable Soup

Use 2 c. cooked carrots and one No. 2 can peas;

Or, 2 c. cooked potatoes and 2 c. cooked carrots;

Or, 2 c. cooked potatoes and 2 c. cooked celery;

Or, 2 c. cooked beans and 2 c. cooked celery;

Or, 2 c. cooked turnips and 2 c. cooked carrots.

Split Pea Soup

4 c. dried split peas (2 lbs.)
8 qts. cold water
Small piece of salt pork
1 small onion, chopped
 $\frac{1}{2}$ c. butter
 $\frac{1}{2}$ c. flour
1 tbsp. salt
 $\frac{1}{2}$ tsp. pepper
2 qts. milk

Soak peas over night. Drain, add water, pork and onion, and simmer 3 to 4 hours. Strain through a sieve, and add to cream sauce made from other ingredients. Reheat before serving.

Creamed Dishes (Basic Recipe)

24 servings

8 c. medium cream sauce
8 c. cooked food

Carefully add cooked food to sauce and heat thoroughly before serving.

Medium Cream Sauce (8 cups)

1 c. butter
1 c. flour
8 c. milk (or milk and vegetable water)
2 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Melt butter and blend in flour and seasonings. Add milk slowly, stirring constantly until mixture thickens.

Creamed Potatoes

Use 8 c. cooked, sliced or cubed potatoes.

Creamed Corn

Use four No. 2 cans corn. Drain and use liquid in making medium cream sauce.

Creamed Corn and Potatoes

Use two No. 2 cans of corn and 3 c. cooked potatoes.

Creamed Corn and Spaghetti

Cook 2 c. spaghetti with 1 tbsp. salt in 4 qts. boiling water until soft. Drain and use with two No. 2 cans of corn.

Creamed Eggs

Use 24 hard-cooked eggs, cut in eighths.

Creamed Cabbage

Use 2 qts. cooked shredded cabbage.

Creamed Eggs and Peas

Use 12 hard-cooked eggs and two No. 2 cans peas.

Creamed Carrots and Peas

Use two No. 2 cans peas and 3 c. diced cooked carrots.

Creamed Eggs and Potatoes

Use 12 hard-cooked eggs, cut in eighths and 4 c. cooked potato cubes.

Creamed Vegetables

Use a combination of vegetables such as two No. 2 cans peas with 2 c. diced carrots and 2 c. potatoes.

Creamed Salmon and Spaghetti

Cook 2 c. spaghetti with 1 tbsp. salt in 4 qts. boiling water until soft. Drain. Drain oil from two 1-lb. cans salmon. Remove bones, flake, and combine with spaghetti.

Salmon Wiggle

Use two 1-lb. cans salmon and two No. 2 cans peas. Drain oil from salmon, remove bones, flake, and combine with peas.

Cheese Dishes (Basic Recipe)

24 servings

8 c. medium cheese sauce
8 c. cooked food

Carefully add cooked food to sauce and heat thoroughly before serving

NOTE:—All foods, except salmon, suggested for Creamed Dishes may be used in making Cheese Dishes.

Cheese Sauce (8 cups)

1 c. butter
1 c. flour
8 c. milk (or milk and vegetable water)
2 tsp. salt
 $\frac{1}{4}$ tsp. pepper
2 c. Canadian cheddar cheese, grated

Melt butter, blend in flour and seasonings. Add milk gradually and stir until mixture thickens. Add grated cheese last and allow to melt before serving.

Rice with Cheese Sauce

Cook 2 c. rice with 2 tbsp. salt in 4 qts. boiling water until soft. Drain and rinse with cold water. Combine with cheese sauce.

Macaroni and Cheese

Cook 4 c. macaroni, broken in 1-inch pieces, with 2 tbsp. salt in 8 qts. boiling water until soft. Drain and combine with cheese sauce.

Cocoa (24 servings)

1 c. cocoa
1 c. sugar
 $\frac{1}{2}$ tsp. salt
1 qt. boiling water
4 qts. hot milk

Mix together cocoa, sugar and salt. Add boiling water slowly and boil mixture 5 mins. Just before serving, combine with scalded milk.

ABBREVIATIONS AND MEASUREMENTS

tsp.....	teaspoon	3 tsp.	equal	1 tablespoon
tbsp.....	tablespoon	16 tbsp.	"	1 cup
c.....	cup	2 cups	"	1 pint
qt.....	quart	4 cups	"	1 quart
mins.....	minutes	2½ cups	"	1 No. 2 can
		4 cups	"	1 No. 3 can

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